

## How Our Weight Loss Program Works



### Find The Plan For You

Once you have signed up for the Eastside Weight Loss program, one of our consultants will sit down with you and explain how to follow your plan. They will work with you on how to integrate your plan with your day-to-day lifestyle, introduce our foods to you, give you tips and tricks for success, and be there to answer any questions you might have.

### Proprietary Nutraceuticals

We use a series of proprietary products over the course of your prescribed program, to RESET YOUR METABOLISM. These products are safe and natural and have not shown to cause any side effects

### Frequent Check-Ins

Each day/week you can look forward to seeing how your body looks and feels both on the scale and in the mirror. One of our doctors will review your results, review your food journal, and educate you on

nutrition and lifestyle choices as needed. We want this to be the last weight loss program you ever participate in, and we do everything we can to help you stay on target!

Call us today or schedule your FREE 15 min phone consultation and speak with a weight loss expert! Visit [eastsideweightlossclinic.com](http://eastsideweightlossclinic.com) for more information, or visit us today 11902 97th Ave NE, Kirkland, WA 98034, or call us at 425-491-1050.